

SESSION: THE TWITS

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To learn why it is important to be nice to others and treat animals with care
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

Children will go through a story based on Roald Dahl's book, The Twits. They will learn that Mr and Mrs Twit are not very nice people. They will meet the family of Muggle-Wumps and learn how they are rescued by their new friend, Roly Poly Bird. They will work together to get revenge on Mr and Mrs Twit.

Discussion Point: 22 minutes and 44 seconds:

What items do you find in a kitchen?

- Fridge
- Freezer
- Cooker
- Washing Machine
- Tumble Dryer
- Microwave
- Kettle
- Toaster
- Sink
- Knives & cutlery
- Crockery (cups, plates, bowls)
- Pots & Pans
- Cutting board
- Mixing bowl
- Etc.

Relaxation Time

Children should lay down on their back and close their eyes, if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

Throughout this part, children should try to stay still and quiet and practice their breathing in through the nose and out through the mouth, this helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

This week, the children will listen to a peaceful butterfly visualisation.